

ENTRAINMENT & THE PSYCHOLOGY OF ALTERNATIVE THINKING

BY HOWARD CAMPBELL

**ADVERTISING EXECUTIVE, MEMETICIST,
CONVERSATIONALIST IN *POKER WITHOUT CARDS***

It can be stressful to hold an alternative perspective.

This is *Black Book V*. If you have worked your way through this series, you probably know many facets of this stress. Some counselors and even psychologists will suggest that this stress is all in your head. These mental health professionals will point to depleted energy as a symptom of depression, often citing the root cause as a chemical imbalance. This article argues:

- 1) The stress is not all in your head. There are physical causes for depleted energy that will not be cured by chemical balancing; and
- 2) The ramifications of squelching your authentic perspective may lead to substantively greater stressors.

I wish to examine how the physics of "entrainment" impacts psychology, generating symptoms many psychologists mistake as depression. In 1665, Christian Huygen coined the word "entrainment," a word in physics used to describe the phenomena of cyclical energies recalibrating to fall into rhythm with one another. Entrainment is not a force of nature like gravity or magnetism, but the result of energy conservation.

Ever listen to an electric generator when a second generator is started up? At first, the purr of the first generator is obscured. Eventually, the oscillation of both generators will compromise and a new purr is estab-

lished—the two generators have entrained to a common rhythm. Female roommates are known to have their menstrual cycles entrain.

Huygen noticed that the clock in his study ran about a minute slower than the clock in his living room, every day. He moved the two clocks side-by-side and the discrepancy disappeared. They kept the same time. When he separated the two clocks, the discrepancy reappeared. Huygen saw that the clocks had formed a compromise. The clocks together ran at the same time, but they ran 30 seconds slower than his pocket watch. These observations lead to his discovery, or labeling, of entrainment, the tendency of cyclical objects to meld into a common rhythm.

What entrainment demonstrates is that even very subtle cyclical energies have a substantive impact on their neighboring cyclical energies. If reverberations from clocks have a tendency to entrain, it seems plausible that humans would also entrain.

However, it wasn't until 1978 that Western medicine accepted that conscious thought affects biorhythms when a yogi placed himself naked in a small sealed Lucite box that was submerged in water for far longer than he should have had oxygen to breathe. Doctors had little choice but to concede that the yogi had intentionally slowed his biorhythm.

We have since proven that speech patterns affect biorhythms. You can prove this to yourself with the simple experiment below.

EXPERIMENT ON YOURSELF

Go to your local alternative bookstore and ask to use their biorhythm monitor. Get a read at your normal level. Choose a song you know by heart and say this song faster than normal for 30 seconds. Notice the tempo of your biorhythm increase. Next, say the song slower than normal speech for 30 seconds and watch the cadence of your biorhythm decrease.

Speaking slower does not always slow one's biorhythm. Intentionally speaking slowly with a fast talker will increase your biorhythm relative to the cadence of slow talking in the experiment above.

There is evidence of large-scale human entrainment. The tempo of the American Southern accent is an amalgamation of the colonial British

rhythm of speaking and the various African rhythms as spoken by slaves of that era. The Southern accent demonstrates verbal entrainment. Since speech patterns impact biorhythms, it appears human biorhythms do entrain.

Entrainment is not a force but a phenomenon. Entrainment is evidence that energy conservation has occurred.

Holding an alternative perspective means you are processing information in an unconventional manner—your internal rhythm is different from the reverberations of those around you. Maintaining an unusual rhythm requires more energy than entraining with the thoughts of those around you.

But before you flock to the herd, bear this in mind:

Faking entrainment can lead to mental breakdowns.

This was inadvertently discovered by Dr. Saul Ash.

Dr. Ash had a person come into a test room, ostensibly to be one of six subjects in an experiment on eyesight and perception, but the study was actually designed to ascertain levels of compliance. The person was actually the only subject. The other five people were actors—students pretending to be subjects. All six were asked which line was the longest of four projected on a screen and labeled: A, B, C and D.

The first several times, the actors would all say that the “correct” line was the longest. Then the actors would say the second-to-longest was the longest. The point of the experiment was to determine incidence of compliance and seek any commonalities. Among those people who complied erroneously with the group—meaning that they would agree with the group instead of saying that the correct line was longer—about a quarter of this group had a mental breakdown within the next 12 months.

As Dr. Ash inadvertently proved, stating things differently than how you see them is dangerous to your health, provided you aren’t in a totalitarian government. The truth of the matter is that working in a corporation is akin to being in a totalitarian state. Just as in a monarchy, limited good

can come from questioning the reality of your boss, manager or any overlord.

Low energy may be a symptom of clinical depression. It may also be a symptom of fatigue from the extra energy required for alternative thinking.

To stave off negative psychological ramifications, one needs to distinguish between what you hold as true and what you say for self-preservation. While somebody is neurotic to the extent they cannot say what they mean and mean what they say, ignoring the real power of overlords is hazardous to your status. Instead, develop your own culture of support outside of your network of work contacts. Many people have found such support through local chapters of the Joseph Campbell Society, Alcoholics Anonymous, and Landmark Education, among many other non-religious organizations.

DISCRETION

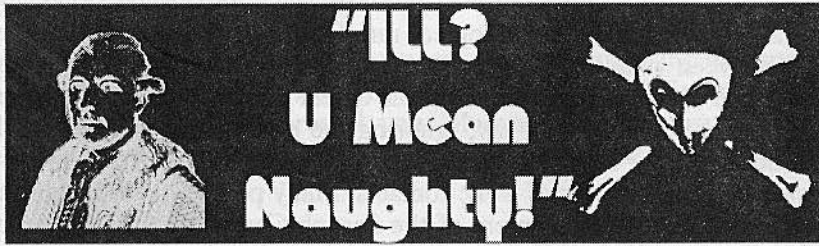
THE BETTER HALF OF VALOR

In most cases, it is financially prudent to get your psychological entrainment from people completely separate from your work. You met your colleagues through your paycheck-delivery mechanism—your colleagues are *part* of your paycheck-delivery mechanism. They may be well intended, however, chances are that they will become an Agent Smith if their paycheck delivery mechanism is jeopardized. More pathetically, if they are being ousted, they may grasp for entrainment partners and inadvertently take you down with them.

The Black Book series endeavors to help you escape the mental chains of dogmatic thinking. Being authentic does not require you to be a martyr. If anything, we are encouraging you *not* to be a martyr. When you see the chains of another’s thinking and their subsequent slavish actions, keep it to yourself. Most people like their chains.

ILL? U MEAN NAUGHTY!

BY JONATHAN SELLERS



You can't run a country
By a book of religion
Not by a heap
Or a lump or a smidgeon
Of foolish rules
Of ancient date
Designed to make
You all feel great
While you fold, spindle
And mutilate
Those unbelievers
From a neighboring state

— Frank Zappa, *Dumb All Over*

I. "LIBER O. L. D." "The Obsolete Latter Days"

Project:

The best way to take down a rip-off artist is to expose him. That is, one who fears exposure, and most of them do. I mean you can only place so many funeral home ads in the retirement home newsletters before they realize it's a rigged game, after all.

Once exposed, the crook can be discredited and punished. That is not to say that we regard all criminals as "bad" and worthy of punishment. Quite the contrary, we feel it is through the criminal spirit (not necessarily the criminal mind-set, which might require absorbing a volume of case studies to appreciate and understand, if that is even called for), or through illegal (or tabooed) acts that the quest for true freedom can be pursued. (Parenthetical note from the District Supervisor: The monkey on the right shoulder reminds you that crimes are punishable by a guilty conscience and fear of retribution from on high...)

"Oh nooooo....." — Mr. Bill.

(Parenthetical Note part two: disregard the previous parenthetical note. It was slipped in by one of this reporter's late repressor agents.)

Anyway, to take away the power(s) that an enemy holds over you, deny that power's existence. What? No Norton removal tool available? Isn't it better to hack at it and get it and mince it to pieces, than to simply deny it? Sometimes it is, especially when it produces the desired result: the Shit-eating grin. This denial of that power's existence is a rather common belief, as can be shown in reams upon reams of psychological and metaphysical texts that have been penned, and made the talk show circuit... I mean, if she put those books under everybody's seat, they must work. Right? Uh huh, just as I figured. Wouldn't you been better off getting the Pontiac, instead?

What am I getting at? The bottom line? The hook? The closing point?

Well, if we want to be liberated from thousands of years of misery, why not only rewrite established history to fit our whims and desires...

Rewrite the Future as Well!

"By cutting in fragments from the past and present, bits of the future tend to leak in as well." — paraphrase of the Burroughs-Gysin shtick. And that is what is called Walking Loudly and carrying a BIG SHTICK!

Yes, children, it is now time to recall the Board Books. To recall and RE-WRITE them, if a liveable and natural future is to be had. Hell, a reasonable PRESENT would be the ideal PRESENT, would it not? Of course it would.

Since sigils, talismans and other magical designs are used to identify oneself with the Macrocosm, man the Monkeycosm employs these elements, albeit in a carbon-copy fashion, not straying a pixel from the original designs in the old and moldy grimoires, to not only fix himself in relation to the Microcosm, but to effect change in his environment in conformity with his True Will and impress his "desires" upon the mass subconscious. Is this a load of tripe or what? What? No, it's not a load, but it sure doesn't get done, does it? Nope. I mean, you can go out to the big store and get all those witchcraft-for-bimbos books, and all the weak canine preparations that emanate from the midwest, but really, is that Magick? Or is that just a way of pushing merchandise so the "author" can get a small pissant pittance? Get the Big Book, the Ultimate Grimoire, and learn how to really use it. You know which Big Book we are referring to. After all, we enjoy shilling for a book that has worked time and time again: *The Complete Golden Dawn System of Magic* by Dr. Israel Regardie. And you gripe at me for shilling. Tisk, tisk... Tick... Tick... Tick...

Magick has always been given a bad name and reputation by the proponents of belief and prayer: i.e., THE CHURCH. The Church invented a doctrine called "The New Testament" to gain temporary fulfilment (a feat always attributed to Satan and His "followers.")

[Oxymoron: How can "Satan" the Rebel Archetype, have "Followers"? That's just about like organizing a bunch of anarchists...or non-conformists!]

...and in so doing, offer a promise of not only "heavenly" rewards, but also a so-called Last Days epic production and the biggest courtroom drama to come our way since the O.J. Simpson Trial and *Law and Order*. (God might have preferred to have Perry Mason as the Defense Attorney, but got, instead, a Catholic Jesus created by the Public Relations Department in the latter half of the first century of the Common Era.)

If the Devil is called the "Deceiver" and "The Father of Lies" and other slanderous terms, just who is this ever-popular character?

THIS JUST IN FROM THE ADVERTISING DEPARTMENT: It was hypothesized and made Word that Satan, aka the Devil, Beelzebub, Deceiver, Father of Lies, et al., in his present belief-form, is also a

Catholic creation from the P.R. Department. Reports have it that obscure copy layouts were found wedged in between some old file cabinets and the wall when the Janitors were shampooing the carpets.

It would seem to those of intelligence that the "Holy Bible" is nothing of the sort. Rather, it is some kind of Harlequin Romance for misery addicts, and those prone to wishing for catastrophes to justify their misery, their excuses, their inability to cope with an ever-shifting reality: in short, those who cannot embrace the emerging Chaos and exploit it for their own ends. What is emerging chaos? Does that need an answer? It has always been emerging! Ordo ab Chao, after all, wink wink, etc.

History is the biggest proof. The "Book of Revelation" which is held as a belief of things to come (and has been so for as long as it's been a book, and we don't mean 70 C.E., either, more like 370 C.E.!), is one of the major causes of all the world's problems. Let's face it: the three primary Religions of the Book can be seen to be the major causes of ALL the world's problems. Everything derived from these major three, especially so. What? Not the Babylonians, or the Persians, or the Greeks, or the "evil" Seleucids, or the Roman Empire? As former Mad Prophet, P.K. Dick once said, "The Empire Never Ended!"

The "Apocalypse" of John the "Divine" has acted to provide the world at large with a sigil/talisman that is so powerful, we have all the recent events we can think of that we can credit to its name. Not only that, we can call up the various sub-sects that have apocalyptic qualities—within Judaism, within Christianity, within Islam—that seek not to be peaceful and loving of humanity as their P.R. staffs assert whenever the violent track record of the past is brought forward.

Truly we would be amiss if we did not include other groups. They may not be religions of "Das Buch", but nearly all the major religions of the world today are worthless cesspools of superstition. Are we saying it is better to be an atheist? Hell no! Do we need the Religions of the East, more than we need those of the West, North or South? Hell no! Is not atheism itself a form of belief? "I believe in no god," after all.

What does it matter, when the bad hair day comes? How much are these beliefs worth? Will these beliefs get the thermostat replaced in a 74 Mustang II? Well, I guess after so many times of banging the head on the

air conditioning compressor and yelling "God Damn it!" long enough, it might create a temporary trance-like state, but that is probably due to the endorphin release from the pain and anxiety expended on fixing the worthless lemon. Will these beliefs keep a wall of milk crates utilized as a book-case from crashing to the floor? Not on your tin-type, girlie-girl! Look: which Team is "God" for? The Yankees or the Dodgers? Isn't it ridiculous!!!!!! New York City?????

Gene Scott frequently says, "It's time to quit talkin' an' start doin'!" Or, as Stefan of Tuzla once said, "Why Believe, when one can just BE. Leave it at that!"

There are those of us who, instead, would prefer to develop ourselves, free ourselves, enjoy our fleshly existence, and maybe even incorporate a mystical side in the process.

In Brother Mad Prophet Leary's words, it was SM²LE: Space Migration equals Intelligence Increase plus Life Extension. Well do we really want to leave the planet? Will that really be a solution? Where to go? Mars, to be slaves building the facility for the Colonists? Hmmmmm...

Even so, Space Migration (except for Extra-Territorialism) was considered EVIL by the religious authorities (until the Vatican and other interests got a handle on it, as is usually the case), and Intelligence Increase and Life Extension still are considered as such. Let's face it: all we are supposed to know is that Jeezis is our savior and that we will go to "hebben" (so that takes care of Intelligence Increase and Space Migration), but only if we accept what it say in Das Buch. By accepting that, we can mow down as many people as we want no matter what.

The best way to take down a rip-off artist is to expose him. Once exposed, the crook can be discredited and punished.

In our own time, the crook(s) have been exposed, several times. They are still in power, and have regained popularity. It is high time this whole nasty bag of tricks be blown sky high. The Emperor has no clothes, right? It is clear to us what roles they play in the script they wrote and keep acting out.

Can you dig it?

EXERCISE: Create your own apocalypses that don't require the tone that most apocalypses do. If belief is necessary, use it as a tool rather than a way of life. With the present environmental scenarios, economic scenarios, et cetera, one can be realistic in making projections. What happens by mid-century when resources dry up? Do we really want to be Greens, and find new things to abstain from? Do we want the typical misery-drenched, science-fiction, post-apocalyptic scenarios? Perhaps some of this is necessary, but is all of it? Ever see the Windows 95 era game, called "The Journeyman Project"? Some interesting parallels to the way things are shaping up in that game...

Now that you've used Apocalypse Creator Program version 0.0.9.1. build 247 beta, what comes about? The line from the Rush song, Change, "The More Things Change, the More They Stay The Same" [Drummer and Lyricist Neil Peart was deeply influenced by Ayn Rand, by the way] makes sense here.

Find and Reveal to the world, your Mad Prophets. We are Legion©.

Next, now how do you feel?

The final exercise in this segment: Aren't there better things to do than wait for the end of the movie? Just turn the movie off and eject it from your player. Put a better movie in. Put in one that suits you. Or, get up off your ass and get a life.



II. The Hysterical Lekshun

Seriously, folks, let's now give a brief summary of some of the milestones in the culture of "un-Belief". Un-Belief, like the Un-cola. Is yours Set, or Set-free?

Perhaps one of the most significant milestones to us in the West, (at least one of the better-known milestones)—is the philosophy of the Isma'ili. "Nothing is True, Everything is Permitted" is the paraphrase. This statement is rather the summit of a rather complex philosophy and system of "religious" behavior. I place the word "religious" in quotes because it is not really a "religion" "per-se." In the early phases the Probationer/Aspirant/Candidate is brought in gradually, by an "Insinuating Brother", much like the later Illuminati of Bavaria. The Illuminati is, of course, another bump on the number-line of dates. 1776. Are there any connections between these? We are assured that all these things are what's responsible for the evil in the world, by the human mutton that swills down the Nesta Webster and David Icke speels.

There are actually a number of connections between the Isma'ili current, and the West, going back to the Crusades. We have been exploring this trend in our work "Qadosh: the Johannite Tradition" at Antiquities of the Illuminati (www.antiquillum.com), and during the 2005 Season shall be finishing it.

The Crusaders encountered the Assassins. They pretended to be a rather obscure sect called the Nusairis. Or was it the Nusairis pretending to be Assassins or Isma'ili? Good question! These Syrian sectaries pretended to be Christians. Primitive Christians. Get it? The "Primitive Christians" and the Crusaders had similar objectives in mind: the Creation of a Secular State in Palestine and the undermining of the Catholic Church. The Isma'ilis wanted to do the same thing to the Sunni branch of Islam (and even to the Twelve Shia branch of Shi'ite Islam). The founders of the movement came from Persia. They did not like what the Orthodoxy had done to destroy their culture. Who can blame them? They wanted to restore Magism to its proper place.

Things can be said against Magism, at least the Zoroastrian form of it. It had become, during the Sassanid period, a mass of superstitions, and cannot be compared to the original Magism of the Chaldeans.

Over time the Bekhtashi Order of Dervishes would spring up from the sect of the Alevis. This would spread across Turkey and the Balkans. Through a form of it, known as the Hurufi movement, it reached the Fideles di Amore in Italy at the time of Dante Alighieri.

Also the Dönme sprang out of two important movements: the Bekhtashis and the followers of Sabbatai Zevi, the Mad Prophet of the 17th Century, who turned coat on the good Jews and converted to Islam rather than risk his life. The Dönme are cryptic Jews who adopted the cover of Islam. This led to an important development in the sect of Jakob Frank, who was a real riot of an act.

These various movements led eventually to the cultivation of these ideas in Europe, in the 18th Century, particularly in France. There was an anti-nomian spirit in France already, in the form of Quietism, and in the form of the Brothers and Sisters of the Free Spirit, albeit a rather insane form. This led to the French Illuminati, first, (including Swedenborgians, Martinists, Martinists, Willermoozists, etc.) and then the Bavarian Illuminati, said to have been founded by Adam Weishaupt, but really operated by him under orders from the Lodge at Munich.

Where does all this dry history shmistory lead? Well really, it leads us to the present.

Other components, but lesser known today, include persons like Joseph Hammer von Purgstall, whose Mystery of Baphomet Revealed may have appeared to be a condemnation of the Templars, but really was a call for people to develop an interest in the ancient belief systems from the past that were all but snuffed out by the Church, including that of the Ophites, or Serpent-Worshippers.

Is that not where our un-Belief cult originates, really? Among the Gnostics, those who could Just say K-N-O-W, and mean it!

So, when those who wail about getting back to Traditional Family Values, Christian Values, Traditional Values, and all the rest can't seem

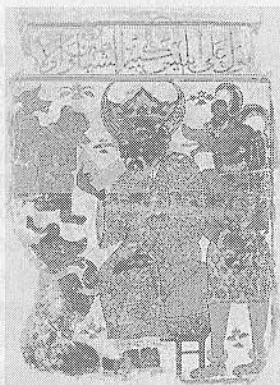
to shut up, remember what Traditions are just as ancient, as traditional, as valuable as any of these.

Rather than the long and boring monologue about the British Rosicrucians, the Golden Dawn, Crowley and the O.T.O., what need is there for that, when this precious current bypasses them all, yet includes some of their number? Indeed, it is to the Mad Magicians of the Middle East that we can draw from, for it is there that Brion Gysin and many others derived their magical philosophies, and it is these luminaries that we today regard as predecessors in this Great Work.

We recommend people obtain (via the Web and other sources no doubt) Ryan Parker's essay on the Necronomicon Mythos and H.P. Lovecraft, because it describes some very potent concepts regarding Arab Magical traditions that exist as foundation stones for just about all we have described above. Similarly, Edmund Douthe's work on Magic in North Africa, can be found, (in the French language). It describes in detail this North African magic. After all, didn't "Frat CRC" go to Fez? You bet he did, at least if his story is true. And didn't he spend time in Southern Arabia, as well? Right again, learning from the Wise Men of Damcar, who were these "Mad Arabs" in what is now known as the Yemen.

So, that aside, let us resume silliness and dispense with the pomposity of the Hysterical Lekshun!

Smote that bee!



IBLIS.

SA-SHU-AH

BY CRAIG JENSEN

Close your eyes, relax and float down stream

Open your mind, sit back and lose yourself in one more curious, cosmic reverie of dreams.

But whatever you do wherever you go — don't forget
To keep on undoing yourself.

(How high can we really go? Is Hell all that far below?
Sometimes I don't think so.)

Lift your head, open your eyes and take a look.

Fall out of bed

And reach for Dr Hyatt's much acclaimed, underrated, blasphemy of a book.

But whatever you do, wherever you go — don't forget
To keep on undoing yourself

(How high can we really go? Is Heaven something we'll ever know?
Somehow I don't think so.)

Friday evening in a restaurant — eating silly things that we just don't want

It's our favorite new game.

(More fun than even dancing in the rain.)

Sunday morning all dressed for church
We didn't have to go so we hung in the lurch
'cause we're all insane.

(Better off crazy than all rapt in guilt and shame)

Robert said something about "Maybe Thinking"
I said "I don't know,"

He said "Zehm, well — that's correct (correct, correct)."

(Maybe, maybe, maybe is all that we claim)

Francis said somethin' over a plate of mushrooms

While watchin' 21 he screamed "let the kids enjoy some sex (sex, sex).¹"

(Maybe it's you who needs to change your brain.)

But whatever you do wherever you go — don't forget

To keep on undoing yourself.

Hello — I am the man on the Radio

I am the man on your television News Channel

I am the man behind the pulpit and the man who works for the
Government

I am the man whom you must believe in because I am the man whom
you fear the most

I am — alas — the man who has been planted inside your head since you
were too young to even talk — to walk — to reason or to question.

Yes it's true — I am the man who never tires of telling you what to do —
how to act — how to dress — how to behave — how to think —
how to vote — what to eat — what to buy — what to believe in —
where to go — when to go — and how to go.

I am the man who sits inside your head and dictates — dictates —
dictates. I am therefore — and in essence — your personal —
government approved & church sanctioned — dictator.

I am not you but I will be all that is left of you at the end of the day
because you have long since relinquished the responsibility of being
whom you really are because it is much, much, much easier to listen
to and obey me — rather than to break free of me and actually
accomplish something worthwhile in your — so-called life.

Life — life — life

No don't waste it

Don't be a slave to your programming — anymore

When you can open — yes you can open the door.

And set yourself free.

¹ Actually, his exact words were "Let them FUCK!"

You are the prisoner, the guard and the jail
You are the bailiff and the judge who sets bail.
Only you, only you can set yourself free

You are the villain, the victim and the crime
You are the glass, the drunkard and the wine
Only you, only you can set yourself free.

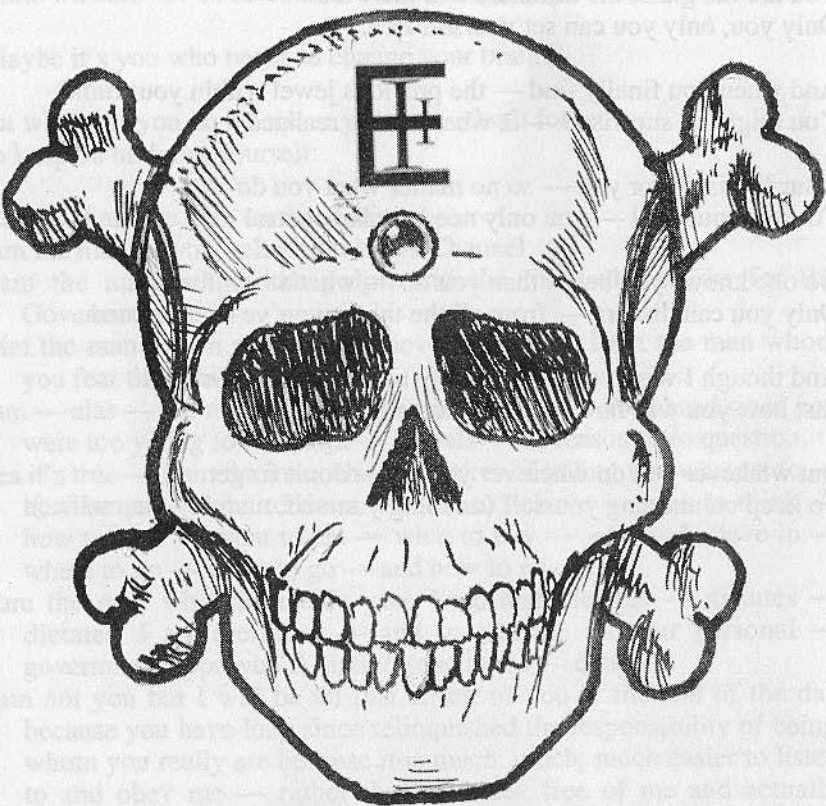
And when you finally find — the precious jewel within your mind
You might be surprised — at what you've realized

Your life is all for you — so no matter what you do
To save your soul — you only need to take control

No one knows you better than you do — what's best for you
Only you can discern — from all the things you've ever learned

And though I wish you well — only time and work will tell
Just how you will fare — true success is all too rare

But whatever you do wherever you go — don't forget
To keep on undoing yourself (undoing yourself, undoing yourself...)



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VOLUME I

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— J.F.

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NEW FALCON



PUBLICATIONS

THE BLACK BOOK

VOLUME I



Principles of Extreme Living

BECOME WHO YOU ARE — THERE ARE NO GUARANTEES

by
*Christopher S. Hyatt, Ph.D.
& Dr. Jack S. Willis*

Illustrated by S. Jason Black

A Publication of the Extreme Individual Institute